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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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FEATURING ABUNDANT FOODS

Victory has changed the food supply picture. Processed foods have been removed from ration controls and blue point problems may now be forgotten. Set-aside requirements for beef, lamb, and veal have been cancelled, which should provide a more liberal meat supply. Sugar promises to remain scarce for some months.

Foods in Abundant Supply

American agriculture has been geared to the largest production program in history. As military needs decrease many foods will tend to become more abundant and some may even be in surplus supply. Foods in surplus supply affect the national economy because farmers, if they cannot sell their products, do not have money to buy the goods produced by industrial workers.



Industrial feeding managers may aid with the problem of abundant foods by keeping themselves informed as to market conditions and using foods often when they are plentiful. The combined food usage of industrial feeding establishments requires many carloads of foods. Food service managers can help, therefore, to absorb large amounts of the foods that otherwise might become market surpluses.

In September cabbage, potatoes, and western peaches will be plentiful in national supply. Many other vegetables and fruits will be abundant locally.

Cabbage will be at its best for use in crisp salads, soups, and as a cooked vegetable.

Potatoes are plentiful once again. The "intermediate" crop is being harvested and will be on the market in September. These "intermediate" potatoes are of good quality and are less perishable than "early" potatoes. Right now, because of the large volume on the market, potatoes are selling below the ceiling price in many localities. This is an inducement for food managers to serve potatoes often.

Western peaches are expected to be plentiful this month. Industrial feeding managers should use them frequently in salads and for desserts.

Why Feature Abundant Foods?

What are the advantages of serving abundant foods frequently in the industrial cafeteria? Some of the advantages of using foods when they are plentiful are:

1. They are available in the markets at the height of the growing season when they are at their best in color, texture, and flavor.
2. They usually are economical foods either because they are inexpensive, or because they are in fresh, sound condition so that the maximum yield in servings may be obtained.
3. It generally is possible to select the food in the size, count, or kind that best suits your need.

How to Feature Abundant Foods

Some merchandising methods that may be used to promote the sale of abundant foods are:

1. Advertise the featured foods by posters, counter signs, and table cards. An article in the plant paper on the nutritive value and methods of preparation of the food will stimulate the interest of the workers.
2. Instruct counter salespersons to suggest the featured food to customers. "We have baked potatoes today," or "The peach short-cake is very good," or "Have you tried the Mexican slaw?", may help to sell these foods if the salesperson's attitude is one of friendly suggestion rather than of high-pressure salesmanship.
3. Use the featured food on the special lunch.
4. Place the featured food in a prominent place on the serving counter.
5. Display the featured food attractively. For example, serve a featured vegetable salad from a large salad bowl, or accent a peach dessert by a display of ripe peaches.



6. Use an abundant food frequently on the menu but not so often that the customers tire of it. Vary the form of preparation and the combinations in which the food is served.

Cooking cabbage

Cabbage is plentiful this month and it is also one of the most useful and economical of the vegetables. Sales of cooked cabbage can be increased if it is well-prepared. When properly cooked, cabbage is pale green or white and has a delicate flavor. Only over-cooked cabbage is discolored and strong-flavored.

To obtain the best color and flavor and to conserve the nutritive value of cabbage, follow these rules:

1. Cut the cabbage in wedges or shred it coarsely with as little crushing as possible.
2. Keep the prepared cabbage refrigerated until time to cook it.
3. Cook cabbage in one of the following ways, listed in order of preference: Compartment steamer; steam-jacketed kettle; or in boiling water on top of the stove.
4. When cooking cabbage in water use just enough boiling water to bubble up through the cabbage. Add the cabbage to the boiling salted water and bring the water rapidly back to the boiling point.
5. Cook only until the cabbage is tender. Cabbage will cook in 7 to 10 minutes in a compartment steamer. When cooked in water about the same length of time is required, counting from the time the water begins to boil after the cabbage is added.
6. Serve the cabbage as soon as possible after cooking. This may require cooking on a staggered schedule to replenish supplies on the steam table.

Cabbage Salad Combinations

Cabbage is a versatile vegetable and can be used in many combinations. Some well-liked combinations are suggested:

Shredded cabbage with sliced stuffed olives.
Shredded cabbage, diced tomatoes, and chopped green peppers.
Shredded cabbage, diced cucumbers, and sliced radishes.
Shredded cabbage and carrots.
Shredded cabbage, chopped green pepper, and pimiento.
Shredded cabbage, diced celery, and diced tomatoes.
Shredded cabbage and diced red apples.
Shredded cabbage, shredded carrots, and raisins.
Shredded cabbage used as bed for sliced oranges.

Cabbage slaw may be served plain or "glorified" as:

Cold slaw

Hot cabbage slaw

Mexican slaw (with green pepper and pimiento)

Wedges of crisp cabbage may be used in relish plates. Arrange attractive com-

binations of crisp cold vegetables on a salad plate and accompany them with a small paper cup filled with Russian or Thousand Island dressing. Some combinations are:

- Celery curl, wedge of green cabbage, carrot strips, green pepper ring.
- Wedges of green cabbage, green onions, radishes and cauliflowerlet.
- Wedge of green cabbage, wedges of tomatoes, thin slices of white turnips or rutabagas, green pepper strips.

Cabbage Relishes

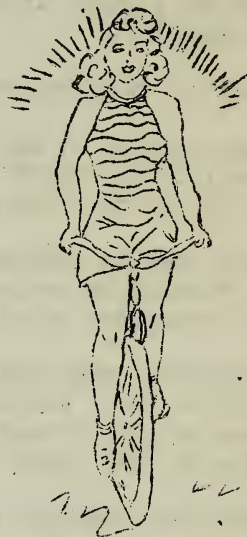
Fresh cabbage relishes are delicious as accompaniments to either hot or cold meats. Recipes for two of these relishes are given below:

Philadelphia Relish

<u>Ingredients</u>	<u>Amounts For 100 servings</u>
Chopped cabbage	10 pounds
Chopped white onions	1 pound
Chopped green peppers	2 pounds
Chopped red peppers	1 pound
Vinegar	1-1/2 pints
Brown sugar	2 pounds
Celery seed	4 tablespoons
White mustard seed	2/3 cup
Salt	3 ounces

Yield, 100 2-1/2-ounce servings

Combine the chopped vegetables. Mix the vinegar, sugar, spices and salt and add to the chopped vegetables.



Corn Relish

<u>Ingredients</u>	<u>Amount for 100 servings</u>
Corn cut from the cob	5 pounds
Chopped cabbage	5 pounds
Vinegar	1 quart
Sugar	1-1/2 pounds
Salt	3 ounces
White mustard seed	1/4 cup
Celery seed	3 tablespoons
Dry mustard	1/2 cup

Yield, 100 2-ounce servings

1. Cut the corn from the cob and cook 7 minutes (or use whole kernel canned corn). Chill.
2. Chop the cabbage.
3. Mix the spices, sugar and vinegar together.
4. Combine the vegetables with the spiced vinegar.

SAVE USED FATS -- YOUR COUNTRY STILL NEEDS THEM

September menus



1

Pork sausage patty
Scalloped potatoes
Cabbage, celery, and apple salad
Enriched bread with butter or for-
tified margarine
Chocolate pudding
Beverage

2

Baked macaroni and cheese
Spiced new beets
Mixed green salad
Whole-wheat bread with butter or
fortified margarine
Fresh peach cobbler
Milk

3

Lamb stew with vegetables
(Carrots, green beans, onions)
Steamed potatoes
Sliced tomato and cucumber salad
Enriched rolls with butter or for-
tified margarine
Fresh pear
Milk

4

Vegetable plate:
Stuffed egg salad
Baked potato
Carrots
Parsleyed cauliflower
Whole-wheat rolls with butter or
fortified margarine
Spice cake
Milk

5

Fried fish fillet, with Philadelphia
relish
Parsleyed potatoes
Stewed tomatoes
Whole-wheat bread with butter or
fortified margarine
Peach crisp
Milk

6

Veal loaf
Hashed brown potatoes
Buttered cabbage
Enriched bread with butter or for-
tified margarine
Gingerbread
Milk

7

Chicken pot pie
Mashed potatoes
Carrot and raisin salad
Enriched rolls with butter or for-
tified margarine
Fresh peach ice cream
Beverage

8

Cold plate:
Sliced luncheon meats
Potato salad
Sliced tomatoes
Whole-wheat bread with butter or
fortified margarine
Green apple pie
Milk

9

Boston baked beans
Summer squash
Tossed green salad
Brown bread with butter or forti-
fied margarine
Sliced peaches and cream
Milk

10

Corned beef and cabbage
Steamed potatoes
Whole-wheat bread with butter or
fortified margarine
Butterscotch pudding
Milk

11

Baked fish
 Scalloped potatoes
 Cabbage, tomato, and green pepper salad
 Enriched bread with butter or fortified margarine
 Peach upside-down cake
 Milk

12

Broiled beef brisket with cabbage and corn relish
 Parsleyed potatoes
 Buttered carrot strips
 Enriched bread with butter or fortified margarine
 Baked custard
 Beverage

13

Spanish omelet
 Baked potato
 Apple, celery, and nut salad
 Whole-wheat bread with butter or fortified margarine
 Chocolate bread pudding
 Beverage

14

Pot roast of beef
 Browned potatoes
 Fresh spinach (or other greens)
 Enriched rolls with butter or fortified margarine
 Orange sherbet
 Milk

PLENTIFUL FOODS



Cabbage -- Potatoes
 Peaches



EAT ALL THREE OFTEN

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